



Tomball Police Department **Fitness Testing Schedule**



Location: Start - Tomball Police Department
400 Fannin Tomball, TX

Attire: Athletic attire-t-shirt (no sleeveless shirt)

Applicants for the positions of Police Officer and Public Safety Officer will be required to arrive on time at the police department. The minimum standards are based on recommendations from the Cooper Institute or are more lenient than the Cooper standards. The following information will assist you in preparation for the testing.

- 1-Sit-ups
- 2-Push-ups
- 3-ObstacleCourse—12lbs vest

Male Candidate

AGE	1 MINUTE OF SIT-UPS	1 MINUTE OF PUSH-UPS	N/A	0-Course	
20 - 29	38	30		60 sec	X
30 - 39	35	28		60sec	X
40 - 49	29	26		60 sec	X
50 - 59	24	24		60 sec	X
60 - 69	19	22		60 sec	X

Female Candidate

AGE	1 MINUTE OF SIT-UPS	1 MINUTE OF PUSH-UPS	N/A	O-Course	
20 - 29	32	25		70 sec	X
30 - 39	25	23		70 sec	X
40 - 49	20	21		70 sec	X
50 - 59	14	19		70 sec	X
60 - 69	6	17		70 sec	X

Please contact Sgt. Cliff Hatchett for any questions. @ 281-290-1348